
NAVAL HOSPITAL, MILLINGTON, TN 38054

MAY 1994



Captain's Corner

by:

M. A. BLOME'
Commanding Officer

I returned from two significant TAD's that affect all of us. The Surgeon General called all CONUS Commanding Officers to Washington to discuss the Navy Managed Care Program as related to the Tricare Program under our Lead Agent at Keesler AFB, Mississippi. The Commanding Officers were locked in at the Xerox Document University in Leesburg, Virginia, where only the deer and antelope roam. Although the center is quite picturesque the subject matter was most serious. The direction of Navy Medicine and how much "bang we get for our bucks" is a subject continuously on the front burner.

Dr. Stephen C. Joseph had just been confirmed the day before our conference as Assistant Secretary of Defense for Health Affairs. He was our speaker at a working supper on 7 April. Secretary Joseph reviewed his five significant priorities to be addressed in the next five years.

These five priorities include sustaining and enhancing medical readiness; maturation and further development of TRICARE; definition of strategies for military medicine in the year 2010; establishment of an improved process to rapidly diagnose, treat and prevent

diseases of unknown origin or unclear presentation; and a strong effort to encourage healthy behaviors and prevent disease and injury.

Special attention has been directed at small Naval Hospitals under 100 beds in light of a smaller, leaner Navy Medical Department. As news develops I will keep you informed as I am permitted.

It has been a most stressful second week of April with the announcement of the termination of our Blood Donor Center and our OB service on 30 June. Many hardworking members of the staff have made these services so effective. I am most gratified that our public has been so understanding of these recent events.

Additional equally distressing news is that our Alcohol Rehabilitation Department will close sometime after the first of the year. Once again, one of the Navy's finest will fall victim to downsizing. We can expect up to a 30 percent potential cut in medical manpower resources, to match those of our line counterparts. You can appreciate the challenges we face in the next five years.

My second TAD was spent explaining the joys of Memphis/Millington to our potential new citizens coming from BUPERS. There are some reluctant civilians in DC but a larger percent than I anticipated look with anticipation of coming to the mid-south.

A couple of other issues: Lora Ehrichs our Command Ombudsman, has resigned because of her civilian employment demands. The position is available to dependent husbands or wives. If anyone, dependent husband or wife is interested please let either the Command Master Chief or myself be aware of your interest in this challenging volunteer work. If you know someone who is interested please have them contact me or the Command Master Chief. Training is provided at no cost. I know there is someone out there who would be perfect for this job.

I've handed out copies of our new vision, mission, guiding principles and strategic goals. Please make your comments known. Let's get this TQL out of the boardroom and into each of your hands for action.

Master Chief's Messages

By:

R. L. FRANK
Command Master Chief

Uniform Regulations

There is a new Naval Hospital uniform regulation on the street. All hands are required to know its contents. Some of the more noteworthy changes were posted in the POD. Hair standards for both male and female seem to be the number one grooming standard I am asked by the staff, so I've decided to review that standard this month.

Men

Hair will be neat, clean and well groomed. Hair around the neck and above the ears, shall be tapered from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle. Hair on the back of the neck must not touch the collar. Hair shall be no longer than four inches and may not touch ears, collar, extend below eyebrows when headgear is removed, show from under headgear or interfere with the wearing of headgear. The bulk of the hair shall not exceed two inches. Bulk is the distance that the mass of hair protrudes from the scalp. Hair coloring must look natural and compliment the individual. Faddish styles and outrageous multicolored hair is not authorized. One (cut, clipped or shaved) natural narrow part is authorized. Sideburns shall not extend below the bottom of the earlobe.

Women

Hair shall be clean, neatly shaped and arranged in an attractive feminine and professional style. A maximum of two braids may be worn. Faddish and exaggerated styles are prohibited. Ponytails and pigtails are not permitted. When in uniform hair on the back of the head may touch but not fall below the lower edge of the collar. When wearing Jumpers hair can extend a maximum of

1 1/2 inches below the top of the collar. Hair must not show under the front of the brim of the combination hat, garrison cap or ball cap. The bulk of the hair shall not exceed two inches. Hair coloring must look natural. Faddish and outrageous multicolored hair is not authorized. Conspicuous rubber bands, combs and pins are not authorized. a maximum of two barrettes, similar to hair color, may be used to pin up hair.

I know some of you wonder what is meant by "faddish." If it takes a "second look" or is questionable, then chances are it is faddish. I need to tell you that the vast majority of you look super in uniform. There are, however, some of you who don't take pride in themselves or the Navy, I took the above regulations right out of the book, word for word, so that there are no questions as to the grooming standards concerning hair. If you were charged with being a SAILOR, would there be enough evidence to convict you?

Suggestion Box

The Commanding Officer's suggestion box is a valuable tool. It is located on the first deck outside of physical therapy on the same wall as the command bulletin board. If you have a suggestion and don't feel comfortable about doing it in person, write it on a piece of paper and drop it in the box. We've had a lot of changes come about because of this "tool." Don't be afraid to sign your name to the note either. The Commanding Officer, I assure you, will not get back at you personally on any subject you may address. If he's not available then his representative will. But, it's hard to do if you don't tell us who you are.

CONGRATULATIONS



CAPT Blome' congratulates EMCS(SW) Earl after his advancement!



MENTAL HEALTH CELEBRATED THEIR
ONE YEAR GRAND OPENING

REENLISTMENTS



CDR White reenlists HM1 Pounds



LT Dunaway reenlists MS2 Wilson



LCDR Mitchell reenlists HM2 VanGalder



LTJG Bowers reenlists HM3 Lavery

RESPONSIBILITY

By Rex White, HA, USN

Webster's Dictionary defines responsibility as "trustworthiness; reliability; the quality of being called to answer for one's actions; and moral, legal, and mental accountability. "But, the term responsibility has a broad range of implied qualities that Webster does not list. A dependable individual meets these standards. Most of these standards are universal, such as paying financial debts, driving safely, and taking care of one's family. These standards are influenced from one's upbringing and surrounding environment. No matter the person's background, everyone has some sense of responsibility - some more than others. As time moves on, however, these standards are becoming somewhat extinct. It is everyone's job and duty to uphold these qualities to the fullest, so that the modern society and the civilization of tomorrow does not lose all care for the world they live in.

Being members of the Armed Forces, we must have the highest personal standards, including proper appearance, unwavering performance, and ambition to excel. The very backbone of the military is its member's initiative and pride.

In the military, standard-setting occurs, for instance, when we sign and pledge an oath agreeing to serve our country no matter the cost. One's induction into the military is mainly to establish in each of us a common standard and sense of duty and responsibility to create the ideal marine, sailor, infantryman, or airman. Therefore we accept definite obligations to obey our superiors and conform to military law in return for pay, training, and, for some of us, eventual veteran's benefits. We must hold specific qualities in order to live up to that agreement.

As Hospital Corpsman, we have other responsibilities other than just being a sailor; we have responsibilities to our patients. All graduating corpsmen take an oath coming out of Corps School. This pledge is a statement of our ethics, the basis for our behavior, and is our code of conduct. How an individual truly feels inside about the sincerity of his oath reflects in his ability to be responsible. We as corpsmen must take pride in our work and must not be selfish but dependable and self-sacrificing. As members of the Hospital Corps, we must perform our duties with enthusiasm, devotion, and a strong regard for the Honor of the Hospital Corps. It's the corpsman responsibility to gain the trust of the patient who is under his/her care, and this is done with professional demeanor, ethical behavior, and caring for others above oneself. If an individual falls short of his responsibilities to the patient, he/she not only brings themselves down, but those shipmates around him, cutting short the mission, and disrupting the care of their patients. This is considered dereliction of duty.

Your patients deserve 100% of your attention and skills. Your Navy deserves 100% of your attention and skills. In order to give 100%, you must have the drive, the unselfishness, the initiative, the loyalty, the enthusiasm, and the dependability to give no less than all of your effort. These are all qualities of Responsibility.

Responsibility is being able to take all that you have inside and putting it to work to get a job done, while at the same time answering for your mistakes. It means earning the respect of others, including your superiors, keeping the respect of others, including your peers, and being accountable for your actions. No one can ask more or less.

THE TIMES, THEY ARE ACHANGIN'

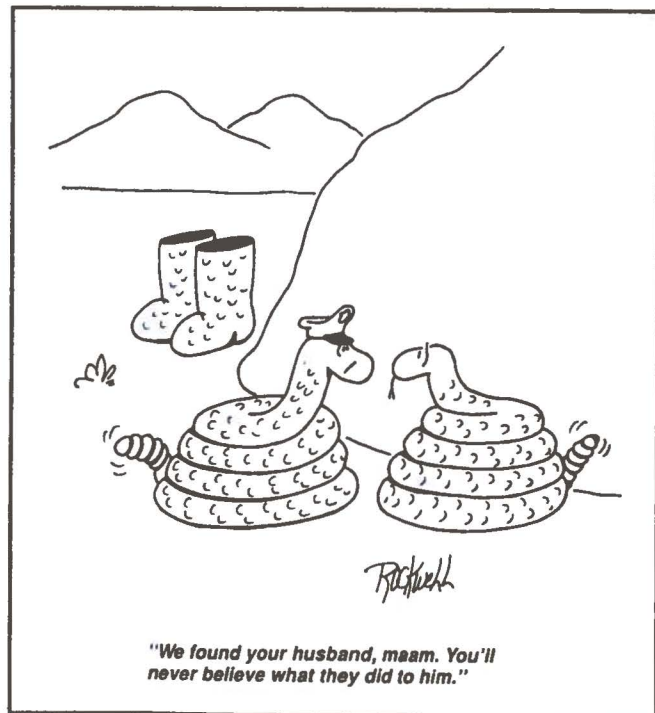
Many changes are just around the corner at Navy Hospital, Millington. As of 1 July, obstetrics services will be terminated. Although the contract services provided by the UT Medical Group over the past five years were well received by our beneficiaries, today's economic realities made renewing the contract unfeasible. It costs over twice as much to deliver a baby within our hospital as it does to purchase the care from civilian sources. After a careful analysis both here and at BUMED, the decision was made to close the service.

This change will have a profound effect upon both the hospital and on our beneficiaries. For the beneficiaries, new obstetrics patients are being referred to CHAMPUS. The current Obstetrics and Family Practice patients who will deliver before the contractor leaves will continue to receive their care here. The current patients who will deliver after the contractor leaves will be assisted in finding civilian providers. Active duty obstetrics patients will be sent to civilian care under the Supplemental Care Program, at no cost to themselves, as well as taking care of sicker patients.

For the hospital, every effort will be made to reassign the military and civilian staff personnel from the Obstetrics Clinic, the Labor & Delivery Unit, and the Newborn Nursery. Closely aligned with the closure of obstetrics is the reopening of the Intensive Care

Unit, currently scheduled for the September time frame. Same Day Surgery will move to where Labor & Delivery is presently located. The present Same Day Surgery spaces will become the new four bed ICU. This change will allow the hospital to perform some procedures which must currently be sent out.

Change is always a difficult thing to deal with. Our tasking under today's environment is to be as cost effective as possible. For those services in which we can provide care more efficiently than our civilian counterparts, we should do as much of such care as we can. When it is more cost effective for us to purchase care than provide it directly, we should send it out. Now, more than ever, we are accountable for tax dollars spent on health care. We must be flexible, adaptable, and willing to make changes when necessary, even if it hurts!



WHEN OUTSIDE...BEWARE, IT'S HOT
by HM1(AW) T. J. Gough

Heat stress, which can lead to heat exhaustion, heat stroke, or heat cramps may be a life threatening problem this summer. The blistering heat that Memphis will experience this summer is capable of claiming the lives of both young and old alike. The body provides early warning signs to alert humans of impending danger. When people ignore these warnings, the threat of becoming a heat casualty increases. Early warning signs may be dizziness, rapid heartbeat, nausea, vomiting or diarrhea, cramps, dry skin (no sweating), chest pains, weakness, breathing problems, and a throbbing headache.

The best advice to avoid heat stress is to stay as cool as possible. Loose fitting, lightweight, light colored clothing is more comfortable in hot weather. Cool baths or showers provide relief from the heat because water removes heat 25 times faster than cool air. Your body needs more water in hot weather. Drink water frequently to prevent dehydration.

NASMFSINST 6200.1A provides guidelines on curtailing physical activity in hot environments. These guidelines should be followed to reduce the potential of becoming a heat casualty.

- Avoid hot foods and heavy meals. They add heat to your body.
- Watch salt usage. DO NOT take salt tablets.
- Avoid alcohol. Alcohol intake results in fast water loss.

For more information on heat stress contact the Occupational Health/Preventive Medicine Department at ext. 5654/5657.

House in Tipton County with in-ground pool \$89,000. Contact Chaplain Mike at 5828/9 or 837-7396.

Moving in April - 20" Mongoose Pro-class Freestyle bike and all extras. GT fork-standers, tioga crank, GT turf wheels II mags, spin tech rotor system and more. Ready to ride for \$200 or better offer; Emerald greed plush couch just 2 years old. Excellent condition, has a full size hide-a-way bed and a warranty. \$400 or better offer; 1993 Randal C-200 half stack guitar amp system. 120 watt head. Built-in reverb, 4 x 12 cabinet, 2 channels and foot pedal. \$900 firm. Anyone interested in the above items contact Scott L. Blackburn at ext 5844.

Hide-a-bed couch for sale for \$200; oak coffee table for \$30; 1990 Topps Baseball Complete Set w/Frank Thomas rookie \$20; 1971 Johnny Bench Card \$10; 1975 Hank Aaron Card \$10. Contact Thad Baker at 5927 or 353-1231.

1994 Nissan King Cab pickup, bed shell 5 speed, 91K, great running. \$1,900 or better offer. Contact HM2 Wandrych in CSSR at 5836 or (Home) 872-6237.

18500 BTU window A/C unit for \$245; 6000 BTU window A/C unit for \$135. Call 837-6210.

Matching Sofa, love seat and chair, gloss grey color with small pattern, double stuff highback style. In great condition. \$250 for everything. Contact HM2 Hansen at ext. 5923 or 872-0767.

BIRTHDAYS

HM3 Daryl Stevenson	May 24	Nanette Edwards	May 31
HM3 Bryan McCahey	May 24	Dorothy Bolden	May 14
HM3 Ronnie Melvin	May 17	Glen Counts	May 31
HM2 D'Juna Hayes	May 03	LCDR Antonio Cooper	May 17
Michael Robinson	May 22	LCDR Claudia Hayes	May 08
HM2 Erick Young	May 07	Leon Williams	May 12
IC1 Terry Parker	May 17	Carol Hance	May 27
HM2 Charles Bolin	May 19	Archie Gates	May 09
HM2 Mike Lengyel	May 01	Thelma Carter	May 19
HM3 Latrenda Vaughn	May 05	LT Randy Dixon	May 09
HM3 Larry Hubred	May 24	LT Krista Beaver	May 25
HM3 Doug Sprissler	May 03	CMG1 Danny Dawson	May 23
HA John Hathcock	May 03	LCDR Harold Williams	May 15
HM3 Anthony Brunson	May 31	Linda Miller	May 16
HN John Perry	May 05	LT Henry Yawn	May 08
HM3 Jason Hollian	May 23	HM2 Sherrie Jones	May 15
HR Shanta Douglas	May 04	Jim Patton	May 16
HN Troy Rollings	May 25	LTJG Harriet Schwartz	May 02
HA Yoruba Foster	May 05	HM1 David Miller	May 11
HN Lionel Powell	May 08	HM2 Thomas Grisham	May 31
HN Ronald Richardson	May 15	Crystal Weekly	May 12
HN Ralph Nay	May 21	LT Susan Myers	May 09
HN Kisha Taylor	May 27	DN Norman Dicus	May 18
HR Carlos Moreno	May 09	HM2 Thomas Wandrych	May 27
HA Kimmie Moore	May 12	HM2 Gordon Edwards	May 25
HN Damarion Cobb	May 24	LCDR Thomas Buglewicz	May 09
HR Rex White	May 31	LT Richard Waggener	May 12
HR Michael Miller	May 07	LT Charles Halliburton	May 15
		HM2 Howard Ferguson	May 19

WELCOME ABOARD

HM1 Schwartz	HA Williams
HM2 McConnell	MS2 Carr
HM2 Patel	HM3 Walker
HN Lindsey	HA Rosage
HA Bauerle	HR Cole
HR Higbee	HR Akin
HR Farris	HR James
HR Akin	
HR Kendrick	

FAIR WINDS AND FOLLOWING SEAS

HM1 Flannery	MS2 Wilson
HN Shackelford	HN Hassan
HN Schaff	HN Durham
HA Warren	HA Garbett

SPAGHETTI PIE

By: Chef Ricardo

8 oz of Spaghetti
1 tbsp oil
1/3 cup parmesan cheese
2 eggs beaten
1 cup cottage cheese
1/2 cup ground beef
1/2 cup chopped onion
1/4 cup chopped green pepper
1 1/2 cups spaghetti sauce
1/2 tsp salt
1/2 tsp garlic powder
1/2 tsp pepper
Mozzarella Cheese
Pepperoni

MEN CAN COOK!



Cook spaghetti - drain in large bowl toss spaghetti with oil - reserve 1 cup of spaghetti for filling, toss remaining spaghetti with parmesan cheese and eggs. Turn into 10 inch pie plate. Press spaghetti mixture into bottom and up sides of pie plate to form crust. Spread cottage cheese over bottom of crust. Saute' ground beef, onion and green pepper. Stir in spaghetti sauce, salt, pepper, garlic salt and reserved spaghetti. Heat thoroughly. Spoon mixture over cottage cheese. Cover loosely with greased foil. Bake in 350 degree oven for 20 minutes. Spread mozzarella cheese and pepperoni - continue baking uncovered for 10 minutes or until cheese is melted.

OFF-THE-WALL DEPARTMENT

While suffering through a bad case of writer's block, I happened to turn on my radio. Of course, this being the center of the Universe of Country music, I listened to a few songs and noticed some recurring themes. Here is my contribution to the art form, a do-it-yourself country song. Just fill in the blanks for your very own country hit.

"I remember the _____ (day/night/mornin') I got outta _____ (jail/church/my truck). It was _____ (rainin'/hot/cold) and I was _____ (drunk/tired/lovesick). I picked up my _____ (mother/Baby/dog) in my old _____ (pickup/Cadillac/tractor). Just about then, _____ (he/she/it) got run over by a big ol' _____ (train/truck/bass boat) and went on to _____ (Heaven/Hell/Nashville). Now I've got _____ (the blues/a social disease/an itch) and feel like _____ (cryin' in my beer/goin' huntin'/ goin' fishin').

My _____ (Baby/dog/Pa) done run off with my _____ (best friend/truck/Ma) and left me _____ (all alone/broke/drunk). I felt so _____ (bad/good/lonesome), I got out my ol' _____ (shotgun/fishin' rod/cowboy boots) and went out _____ (honky tonkin' at Shooters/blastin' away/and caught nothin' but Brim). If I ever see (he/she/it) again, I'll _____ (kiss, smack, sell) _____ (him/her/it). Now I'm lookin' at (the chaingang/a cowgirl/a new truck) but wonderin' if I'll ever see (he/she/it) again."

Since I've already trashed every fairy tale I can think of, the writer's block is especially severe this month. Stay tuned next month when Peter Pan meets Darth Vader. Luke... use the pixie dust!

WHILE RIDING ALONG ONE FINE DAY...

By: LCDR Ron Luka

My wife and I had just come from the fitness center. It was only two miles or so to my house, so I really didn't need my seatbelt on. After all, I'd be home in five minutes and I wasn't going on the Interstate. I turned north onto Sycamore View and approached the intersection at Summer. I had a red light and there were two cars ahead of me in my lane. The light turned green and the cars began to move forward. Just then, a 240Z came rocketing down Summer, ran the red light, and smashed the car just ahead of me. I've seen wrecks before and had been in a few wrecks myself over the years, but this one was right in front of me. The force of the collision was astounding. The car in front of me spun completely around at least twice. The 240Z ended up over 100 yards from the point of contact. Fortunately, nobody was seriously injured. The driver of the 240Z was charged with drunken driving.

The first impression I had was that it could have been me that was hit by the 240Z... and I didn't have my seatbelt on! It doesn't matter that I had only a short distance to go and that I wasn't going to drive over 35 mph. I could have been stopped at the light and still have been hit and injured. This accident made a big impression on me. I've worn my seatbelt faithfully ever since. You however, may not get the wake-up call I did. Wear your seatbelt all the time, every time. If you're in a car on a public street, bad things can happen to you, even if it's not your fault. Protect yourself and your loved ones with a seatbelt!

YOUR LIFE IS IN YOUR HANDS



COMMAND OMBUDSMAN

Due to Mrs. Lora Ehrichs busy schedule she regretfully had to resign her position as Command Ombudsman. We appreciate all of the time and hard work she put in.

We are now in seeking a replacement for her position. The Command Ombudsman position is open to a male or female spouse and being an Ombudsman requires you to attend various monthly meetings so the volunteer must have a flexible schedule.

If you have any questions or would like to volunteer for the position you may contact HMCM Frank at 873-5837.



THE CIVILIAN COMMUNITY

By Cyndi Olson

QUOTE FOR THE MONTH.....

To have an edge...you sometimes have to teeter on it.

* * * * *

FROM THE OFFICE OF PERSONNEL MANAGEMENT:

Effective 01 March 1994, the Huntsville Service Center and other service centers in the Atlanta Region will discontinue publication of a printed Federal Job Opportunity List (FJOL).

An electronic job information system is now being used to find out about Federal job openings. Watch for this in the near future.

* * * * *

RECIPE FOR SUCCESS:

° Study while others are

sleeping;

- ° Work while others are loafing;
- ° Prepare while others are playing;
- ° Dream while others are wishing.

* * * * *

ON THE HUMOROUS SIDE:

The main problem with those who are always preaching about harmony is that they always want to sing lead.

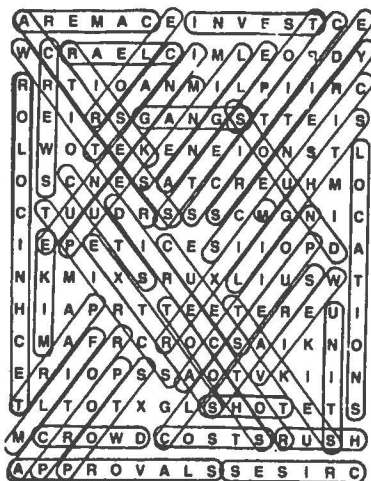
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LET ME HEAR FROM YOU.....

Items of interest concerning civilian matters should be directed to Cyndi in room 238 for input in the newspaper.

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Answers to last month's puzzle



Hold
Length
Load
Mass
Part
Perigee
Portion
Poundage
Quota
Radius
Range
Ratio
Share
Size
Space
Span
Stature
Thickness
Tonnage
Total
Tret
Unit
Voltage
Volume
Wattage
Weight
Width

Angle
Area
Breadth
Bulk
Caliber
Capacitiv
Degree
Depth
Denier
Density
Diameter
Distance
Draft
Extent
Fraction
Gauge
Heft
Height

measuring up



BMC FLOODLIGHT

By: HM2 Darren Cawthon

Welcome to this month's BMC "Floodlight". It is entitled as such this month because I have a wide variety of things to report. It seems that this past month and the one on the way has brought forth an abundance of energy from everyone.

First of all everywhere you look people are getting ready for their favorite "three-letter word", PRT. (maybe I should say their second favorite.) The number of runners has grown by tremendous leaps and bounds. Then of course there are people like HMCM Vann and HM1 Flannery who have recently completed the Blue Angel and Music City Marathons. Even as I write this, HM1 "Fleet-Foot Flannery" is competing in the Boston Marathon. (I don't think these guys will have any problems with their PRT!) HM2 Cawthon recently completed the Medal of Honor Run and will participate in the March of Dimes Walkathon in Chattanooga. Ens. Hill, HM1 Gough, and HM3 Garrett are busy preparing for the "Tour de Memphis", a 150 mile bike ride to raise money for Multiple Sclerosis. Please support their efforts. (If you like bicycling on a more sensible scale you can join the BMC Bike Club, which rides three days a week, by contacting HM1 Warren or HM1 Gough in Preventive Medicine at the BMC.

BMC Petty Officer's Association news includes our having to say goodbye to HM2 Richardville, HM3 Ramirez, and HM3 Settles. The "Association" has plans to paint the Naval Hospital swimming pool structures on April 30, 1994 at 0900. (Please come out and help us!)

A reminder: The Navy-Marine Corps Relief Fund Drive is quickly approaching. Please see your designated representative, who will be contacting you, to make contributions. PLEASE support this most important fund drive.

On a final note we said goodbye to Mrs. Tracy Atteberry recently as she left us for the position of Executive Officer's Secretary at the "Big House." We miss her greatly and would like to extend our congratulations to her. We would also like to thank her for her endless supply of help and friendship that she brought to us. WE WILL MISS HER!!



I loved candy as a child and now as an adult I still can't seem to get enough.

THE PICTURE OF THE SWEET LITTLE
GIRL IN LAST MONTH'S PAPER WAS
OF CINDY OLSON.

HOSPITAL BOWLING LEAGUE UPDATE

Well... this is it, the end of the bowling league. It's been a long but exciting season. Any of five teams can still win the title of champion. Matters will be decided on the night of 20 April when Desperate takes on X-Rayted, Cliffhangers roll Weevils, and Alley Cats duke it out with Earth, Wind & Fire. Desperate is on top at the moment, but by only a slim margin. During this topsy-turvy season, several teams have held the top spot, only to be knocked off by another team. Despite mumblings of sandbaggin', Desperate has bowled extremely well over the past few weeks and is the favorite to take the title. The end of the season banquet will be held at 1800 on 30 April at the CPO Club.

AWARDS

By: HM3 Jo Hardy

The following awards were presented
in an awards ceremony in April

Sailors of the Quarter

HM2 Hardy
HM3 Tolle

Civilian of the Year

Nancy Polly

Civilians of the Quarter

Jon Showalter
Evelyn Daniels

Navy Commendation Medal

LT Rettig

Navy Achievement Medal

MS2 Tugo

Good Conduct Medal

HM2 Weaver
HM3 Welch
HM3 W. Brown
HM3 Terry
RM2 Johnson
MS1 Wroblewski

Letter of Commendation

HM2 Hatcher
HA Hanson

Letter of Appreciation

ENS Armstrong
HM3 Welch
MS3 Morris
HN Hayes
HN Troutman
HA Hanson
Sandra Ryan

Captain M. A. Blome'
Commanding Officer

Captain W. M. Clarkson
Executive Officer

HMCM(SW) Robert L. Frank
Command Master Chief

LT V. M. Sullivan
Editor

LCDR Ron Luka
HM1 Tim Gough
HM2 Rickey Conrad
HM2 D'Juana Hayes
HM2 Darren Cawthon
HM3 Jo Hardy
HM3 Cassie Reese
DT3 Ariston Jacks
RPSN Ranitra Hammonds
HN Allison Dunbar
Cyndi Olson
Carolyn Malone
Staff

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Office.

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they are there for a purpose. We
publish something for
everyone,
and some
people are
always
looking for
mistakes.



